May Well Aware eNews

May is National High Blood Pressure Education Month

Don't Miss It

Mind/Body Reboot

Stress in Times of Change

High blood pressure control is a journey. There are small steps you can take every day to lower your blood pressure. Lifestyle changes are important, because when you lower your blood pressure, you can reduce your risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity or exercise can improve your health and reduce the risk of developing these diseases. Regular physical activity can help you maintain a healthy weight and lower blood pressure.

Do you have a coworker who has gone above and beyond to help build a culture of wellness in your workplace? Let us recognize their efforts with a Wellness Champion Spirit Award.

Quit for Good

Tobacco use is preventable. It is a choice. Quitting is one of the best things you can do to improve your health. There is always a reason to quit. It has been shown that patients who quit smoking live longer and have a better quality of life.

BurnAlong Classes Available to Help You and Your Family

MCPS and CareFirst have partnered to give you access to classes for you or older members of your family who may need physical activity but need to remain in the house. Classes can also be taken as a group, so you can work out with a friend or family member while seeing and talking to each other during the class.

Classes for You or Older Members of Your Family

BurnAlong classes are available for you or older members of your family who may need additional physical activity but need to remain in the house. Classes are online and convenient for you to take from the comfort of your own home, including walking, doing children yoga, and playing soccer.

You do not have to be diabetic or pre-diabetic to attend classes. However, you must register and be a member of Kaiser Permanente.

Well Aware Launches Online Classes for the Community

MCPS and Kaiser Permanente are teaming up again to bring you the Well Aware web page for its employees. This online resource is a great way to improve your health and fitness as a result. The Well Aware program includes a variety of classes available for you or older members of your family at the Rocking Horse Center or in the community.

Well Aware offers a variety of classes to help you improve your health and fitness. You can choose from classes such as yoga, boxing, bootcamp, meditation, and more. Classes are available online and in person, so you can choose what works best for you.

Well Aware Class Schedule

(classes are available in person or online)

- 4:00PM DASH eating plan class
- 5:00PM In Step with Diabetes class
- 4:00PM Stress Less This Spring class
- 5:00PM Mind/Body Reboot class

To register or learn more, visit the Well Aware web page. You can also email Well Aware at wellaware@mcps.edu.

It Is Your Turn to Stress Less This Spring

Stress is inevitable. It is a part of life. It can be helpful in small doses. When stress becomes overwhelming, it can take a toll on your health. Stress can lead to physical and emotional problems. It can affect your sleep, your appetite, and your moods.

Stress Less This Spring is a program that helps you manage stress. It provides tools and techniques to help you control your stress. You will learn ways to reduce your stress levels, including relaxation techniques, exercise, and healthy eating.

You can find information and resources on stress management in the Well Aware program. You can also find helpful tips and strategies to help you manage stress in your daily life.

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